

Your well-woman visit *the forties*

RECOMMENDED FOR EVERYONE YOUR AGE IF THIS APPLIES TO YOU

What to expect at your visit

GENERAL HEALTH

- Blood pressure check
- Depression & anxiety screening
- Alcohol, tobacco & substance-use screening
- Height, weight & BMI
- Cholesterol (lipid) screening
- Bladder-control (incontinence) screening
- Safe-relationship & violence check

SEXUAL & REPRODUCTIVE HEALTH

- Birth-control & family-planning care through age 49
- Folic acid if pregnancy is possible
- HIV test (at least once) & risk check
- Hepatitis C test (at least once)

CANCER SCREENING

- Breast cancer (mammogram) begins at age 40
- Cervical cancer (Pap/HPV) screening every 3–5 years
- Colorectal cancer screening begins at age 45
- BRCA1/2 family-history risk review

Vaccines for your age

ROUTINE FOR THIS AGE

- COVID-19 current vaccine
- Flu every year
- Td/Tdap booster every 10 years
- Hepatitis B recommended through age 59

If this applies to you — care

- Diabetes (blood sugar) screening overweight, ages 35–70
- Statin to prevent heart disease 40–75 with risk factors
- Lung cancer screening current/former heavy smoker
- Medicines to lower breast-cancer risk if at high risk
- Healthy-diet counseling, hepatitis B, TB, PrEP if applicable

If this applies to you — vaccines

- HPV ages 27–45, shared decision
- MMR, chickenpox, hepatitis A if not immune / at risk
- Pneumococcal or shingles if immune-compromised
- Meningococcal, mpox if at higher risk